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## SURVIVING AFTER SUICIDE LOSS

### Recommended Readings for Suicide Loss Survivors

- Jordan, Jack & Baugher, Bob *After Suicide Loss: Coping With Your Grief- 2<sup>nd</sup> Edition-*. Available from:  
Bob Baugher, Ph.D., [b\\_kbaugher@yahoo.com](mailto:b_kbaugher@yahoo.com)  
7108 127th Place or on Amazon  
S.E., Newcastle, WA 98056-1325
- Auerbach, Susan *I'll Write Your Name on Every Beach: A Mother's Quest for Comfort, Courage and Clarity after Suicide Loss*. Philadelphia: Jessica Kingsley, 2017.
- Bolton, Iris *Voices of Healing and Hope: Conversations on Grief after Suicide*. Atlanta, GA: Bolton Press, 2017.
- Bolton, Iris *My Son...My Son: A Guide to Healing After Death, Loss or Suicide* Atlanta, GA: Bolton Press, 1983.
- Cammarata, Doreen *Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them*. Grief Guidance, Inc., 2001. ([www.griefguidance.com](http://www.griefguidance.com)).
- Chalifour, Francis *After*. Tundra, 2005.
- Collins, Judy *Sanity and Grace: A Journey of Suicide, Survival, and Strength*. Tarcher/Penguin, 2003.
- Colt, George Howe *November of the Soul: The Enigma of Suicide* New York: Scribner: Books, 2006.
- Dougy Center for Grieving Children. *After Suicide: A Workbook for Grieving Kids*. Dougy Center, 2001 ([www.dougy.org/](http://www.dougy.org/)).
- Feigelman, W., Jordan, J.R., McIntosh, J, & Feigelman, B. (2012) *Devastating losses: How parents cope with the death of a child to suicide or drugs*. New York, NY: Springer Publishers.
- Fine, Carla *No Time to Say Good-Bye: Surviving the Suicide of a Loved One* New York: Doubleday, 1997.
- Goldman, Linda *Great Answers to Difficult Questions about Death: What Children Need to Know about Death* Philadelphia, PA: Jessica Kingsley Publishers, 2009.
- Jamison, Kay Redfield *An Unquiet Mind: A Memoir of Moods and Madness*. New York, NY: Knopf, 1995
- Jamison, Kay Redfield *Night Falls Fast: Understanding Suicide*. New York, NY: Knopf, 1999.
- Joiner, Thomas *Myths About Suicide* Cambridge, MA: Harvard University Press, 2011.
- Joiner, Thomas *Why People Die by Suicide* Cambridge, MA: Harvard University Press, 2006.
- Kosminsky, Phyllis *Getting Back to Life When Grief Won't Heal* New York, NY: McGraw-Hill, 2007.

- Linn-Gust, M., & Cerel, J. *Seeking Hope: Stories of the Suicide Bereaved* (Eds.). Albuquerque: Chellehead Works (2011).
- Linn-Gust, M., & Peters, J. (2010). *A Winding Road: A Handbook for Those Supporting the Suicide Bereaved*. Albuquerque: Chellehead Works, 2010.
- Linn-Gust, M. *Rocky Roads: The Journeys of Families through Suicide Grief*. Albuquerque, NM: Chellehead Works, 2010.
- Linn-Gust, M. *Do they have bad days in heaven? Surviving the suicide loss of a sibling*. Atlanta, GA: Bolton Press, 2001 (Chellehead Works 2002).
- Marcus, Eric *Why Suicide?* New York, NY: Harper-Collins, 2010.
- Meyers, Michael & Fine, Carla *Touched by Suicide: Hope and Healing After Loss* New York, NY: Gotham Books, 2006.
- Phillips, Laurie *Suicide Survivors Club*. SSC Publishing. To order: see <http://www.suicidesurvivorsclub.org/> or [www.amazon.com/Suicide-Survivors-Club-Family-Journey](http://www.amazon.com/Suicide-Survivors-Club-Family-Journey)
- Rappaport, Nancy *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide* New York, NY: Basic Books, 2009.
- Requarth, Margo *After a Parent's Suicide: Helping Children Heal*. Sebastopol, CA: Healing Hearts Press, 2006 ([www.HealingHeartsPress.com](http://www.HealingHeartsPress.com)).
- Rubel, Barbara. *But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors*. Griefwork Center, Inc. 2000.
- Sands, D. (2010). *Red Chocolate Elephants: For Children Bereaved by Suicide*. Sydney, Australia: Bereaved by Suicide Service, Sydney, Australia – contact [www.bereavedbysuicide.com.au](http://www.bereavedbysuicide.com.au).
- Solomon, Andrew *The Noonday Demon: An Atlas of Depression* New York, NY: Scribner, 2001.
- Stimming, M. T., & Stimming, M. (1999). *Before their time: Adult children's experiences of parental suicide*: Temple University Press: Philadelphia.
- Styron, William *Darkness Visible: A Memoir of Madness*. New York, NY: Random House, 1990.
- Wise, Terry L. *Waking Up-Climbing Through The Darkness* Oxnard, CA: Pathfinder Publishing, 2004.
- Wittberger, P., & Wittberger, R. (2004). *When a child dies from drugs: Practical help for parents in bereavement*. Chula Vista, CA: Xlibris Corporation.
- Wrobleski, A. & Reidenberg, D. *Suicide: Why? 85 Questions and Answers*, 3rd Ed. SAVE (Suicide Awareness Voices of Education), 2005. (<http://www.save.org/>)

### **Book Services:**

These book services specialize in a wide range of books related to loss and bereavement, for children, adolescents, and adults.

- Compassion Books Burnsville, NC – Telephone - 1-800-970-4220  
<http://www.compassionbooks.com/store/>
- Centering Corporation – Omaha, NE – Telephone - 866-218-0101 <http://www.centering.org/>

## ***Organizations and Online Resources:***

All of these groups have resources for survivors:

- Alliance of Hope - Alliance of Hope for Suicide Loss Survivors — [bit.ly/hopeall](http://bit.ly/hopeall) — Internet community focused on 24/7 peer assistance for the suicide bereaved
- American Association of Suicidology - [www.suicidology.org/](http://www.suicidology.org/)  
5221 Wisconsin Avenue Telephone 202-237-2280  
NW Washington, DC 20015
- American Foundation for Suicide Prevention - [www.afsp.org/](http://www.afsp.org/)  
120 Wall Street – 29th Floor Telephone 888-363-3500  
New York, NY-10005
- Center for Suicide Prevention— <http://suicideinfo.ca/>  
Suite 320, 1202 Centre Street S.E. Telephone: 403-245-3900  
Calgary, AB T2G 5A5, Canada
- Canadian Association for Suicide prevention – Survivor Resources:  
<http://suicideprevention.ca/coping/survivor-support/>.
- Friends for Survival – support group and educational organization – see  
<http://www.friendsforsurvival.org/home.html>.
- G.R.A.S.P. – Grief Recovery After a Substance Passing – see <http://grasphelp.org/>. – support groups and resources for parents bereaved after the drug overdose of a child.
- Helping Parents Heal – see <https://www.helpingparentsheal.org/> - support groups and an annual conference – they encourage the exploration of spiritual experiences that parents may have with their deceased children.
- National Action Alliance for Suicide Prevention - <http://actionallianceforsuicideprevention.org/>  
1025 Thomas Jefferson Street Telephone: 202-572-3784  
NW, Suite 700  
Washington, DC 20007
- Parents of Suicide and Friends and Families of Suicide - <http://www.pos-ffos.com/> - online web resources for parents bereaved by suicide, and other family members/friends bereaved by suicide (siblings, children, spouses, friends, etc.).
- Samaritans Grief Support Services – [www.samaritanshope.org/](http://www.samaritanshope.org/)  
41 West St., 4th Floor Telephone: 877 870 4673  
Boston, MA 02111
- Samaritans of Merrimack Valley (Lawrence, MA) – Telephone: 978-327-6607 -  
<http://www.fsmv.org/Samaritans/survivorservices.html>
- Samaritans of Rhode Island – Telephone: 401-272-4044 - [www.samaritansri.org/home.htm](http://www.samaritansri.org/home.htm)
- SAVE (Suicide Awareness Voices of Education) - <https://save.org/>  
8120 Penn Ave. S., Suite 470, Telephone 952- 946-7998.  
Bloomington, MN – 55431
- Sibling Survivors.com - <http://siblingsurvivors.com/sibling-grief/> - for survivors of the death of a sibling to suicide.

- SOLOS – Survivors of Loved Ones to Suicide, Inc – <http://www.solosupport.org> – online support community for suicide loss survivors
- Suicide: Finding Hope - <http://www.suicidefindinghope.com/>
- After A Suicide Resource Directory – a comprehensive listing of support resources for suicide survivors. – [bit.ly/afterasuicide](http://bit.ly/afterasuicide)
- Suicide Grief Support Forum - <http://www.suicidegrief.com>